



Newsletter

September 6th,

Dress Code

Got Forms?

Yes you do! This is that time of year when forms just keep coming home. Please return them to us as soon as possible. Also, please note that we need to get Free & Reduced lunch applications back from everyone, *even if you know you won't qualify*. Just fill in your child's name, indicate that you are not applying and send the signed form back to us.

REMINDER

Because September can sometimes be hot & sticky, it seems like a good time to review our dress code.

Shorts should be mid-thigh (or about as long as fingertip length when arms are held loosely at sides), shirt straps should be at least two fingertips in width (no spaghetti straps, please), stomachs and/or undergarments should not be visible.

Our school dress code also prohibits any clothing that promote the use of tobacco, alcohol, or other illegal activities.

The Zones of Regulation

This week we introduced students to the Zones of Regulation. We were very excited to learn that some families have already started to talk about this at home! You can help your child by talking to them about what zone they are in, or by acknowledging which zone you are in and why. For example, "I can see that you seem to be getting frustrated. What zone do you think you are in?" Soon, students will be introduced to strategies to get back to the Green Zone.

The Zones is used to teach self-regulation by labeling all the different ways we feel and states of alertness we experience into four zones.

The Blue Zone	The Green Zone	The Yellow Zone	The Red Zone
Sad	Happy	Frustrated	Mad
Sick	Calm	Worried	Angry
Tired	Feeling Good	Silly	Terrified
Bored	Focused	Wiggly	Yelling
Sluggish	Ready to Learn	Excited	Overly Silly
Shy	Good Listener	Anxious	Elated
Exhausted	Proud	Confused	Hitting
Depressed	Relaxed	Embarrassed	Aggressive
"Down in the dumps"	"Ready to go"	Upset	"Out of Control"
"Feeling Blue"	"Cool as a cucumber"	"Wound up"	"Lost your cool"
REST AREA	GO	SLOW	STOP

SEPTEMBER 6TH, 2018



Picture Day
Friday, September 27th
Picture Retake Day
Friday, October 11th

*A great big thank you goes out to all of the PATRONS
volunteers who made this year's Back to School
BBQ another great success!*

PATRON'S CORNER

**Welcome to the 2019-20 school year! Our first
meeting will be on Monday, Sept. 9th @ 6:30 pm
at LCS. We will be accepting nominations and
voting for officers. Everyone is invited & there's
no obligation. Come see what we do!**

Here are some of our upcoming events!

Halloween Party (to be scheduled at our September 9th meeting) –
We'll need the following donations – individually wrapped candy, cakes/
cupcakes for the cake walk, baked goods/snacks/drinks as well as help
setting up, working stations and cleaning afterward. Please drop of
donations of individually wrapped candy at the office.

Penny Sale (just before Christmas) – we're already collecting items for
this very special and fun event! We are looking for all types of gifts for
adults. We usually are in desperate need for gifts for the guys. We'll also
need gift wrap, tissue paper, tape, gift bags, etc.

Don't forget to "Like" our Facebook group Lamoine Patrons to stay
current!

UPCOMING MEETINGS **MONDAY, SEPTEMBER 9TH @ 6:30**

Lamoine Consolidated School
53 Lamoine Beach Road

Important Dates!

Monday, September 9th

- PATRONS Meeting 6:30

Tuesday, September 10th

- School Board Meeting 6:30

Thursday, September 12th

- 7th & 8th Technology Night
6:00-7:30

Friday, September 27th

- Picture Day
- 6th-8th grade trip to the
Coles Transportation Museum

SPORTS

Monday, September 9th -

Thursday, September 12th

X-Country

Monday - Thursday

- Practice 3:00-4:00

Soccer

Monday - Practice 3:00-5:00

Tuesday - Peninsula @ LCS

4:30

Wednesday - Ella Lewis @ LCS

4:30

Thursday - LCS @ Cave Hill

4:30



School Lunch 9/9-9/13

**Monday: Cheeseburger, sweet
potato fries, broccoli & fruit**

**Tuesday - Macaroni & cheese,
bread stick, peas & fruit**

**Wednesday - Pulled pork
sandwich, mashed potato, corn,
& fruit**

**Thursday - Chicken Caesar
salad, Teddy Grahams, & fruit**

**Friday - Hot dog in a roll, baked
beans, & applesauce**